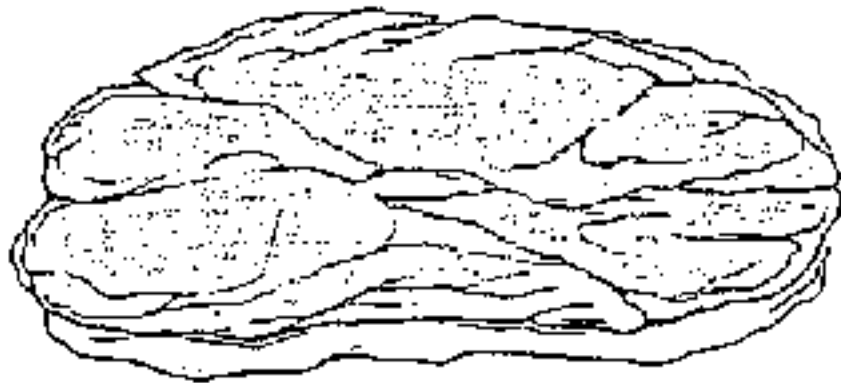
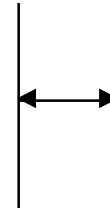


Round Steak (lean only)



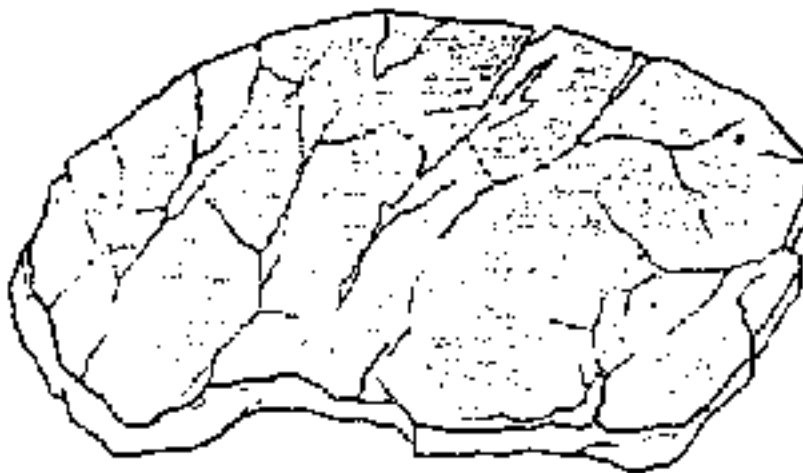
this thick



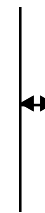
One piece this size: About 160 calories

EQUALS 3 OZ. EDIBLE PORTION

Roast Beef Round (lean only)



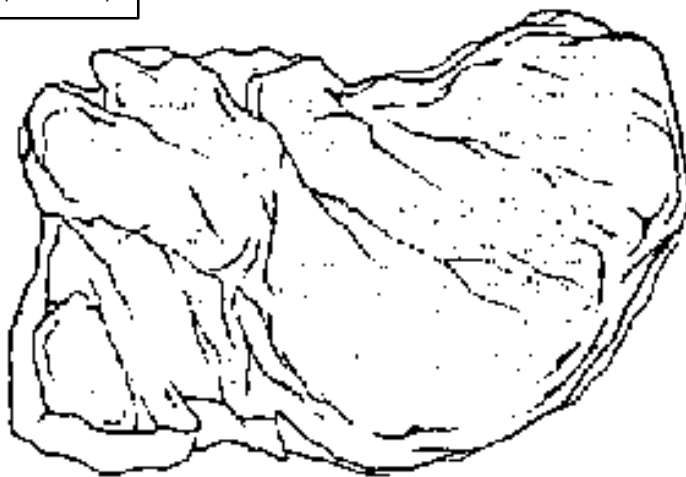
this thick



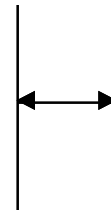
Two slices this size: About 160 calories

EQUALS 3 OZ. EDIBLE PORTION

Veal Cutlet (trimmed)



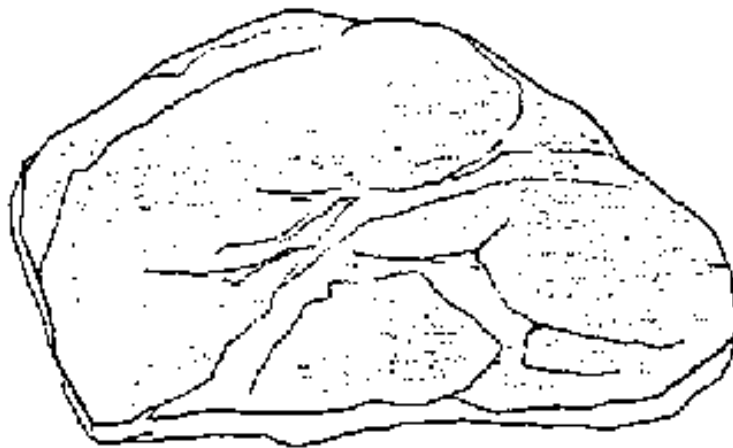
this thick



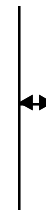
One cutlet this size: About 185 calories

EQUALS 3 OZ. EDIBLE PORTION

Ham (lean only)



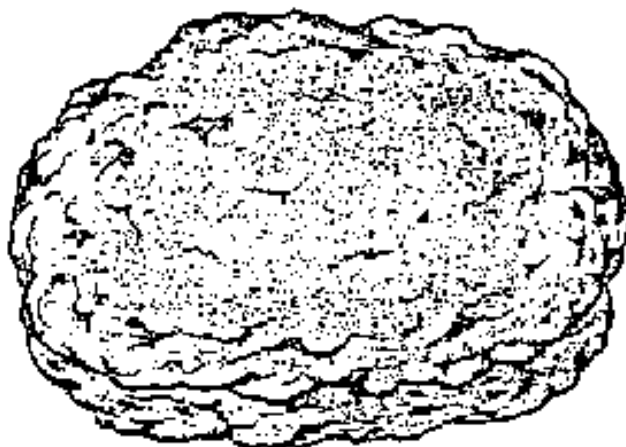
this thick



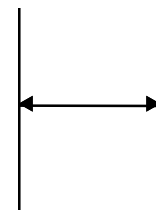
Two slices this size: About 160 calories

EQUALS 3 OZ. EDIBLE PORTION

Hamburger (lean)



this thick



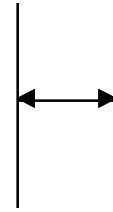
One patty this size: About 185 calories

EQUALS 3 OZ. EDIBLE PORTION

Pork Chop (lean only)



this thick



One piece this size: About 160 calories

EQUALS 3 OZ. EDIBLE PORTION

Roast Turkey



this thick



Two slices light meat this size: About 150 calories

Two slices dark meat this size: About 175 calories

EQUALS 3 OZ. EDIBLE PORTION